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THE NORTH WEST TACOMA ALZENO PUBLISHING CO. FACTS

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Volume 5, Number 22 PUBLISHED WEEKLY IN TACOMA, WASH. 1019 South 12th St. 627-5597 May 29, 1975

LISTEN TO... the commentary of Fitzgerald Beaver editor & publisher of THE FACTS Seattle, Washington Tacoma, Washington

Right On

Heard Every Tuesday on KVI Radio 570
2:50 am 5:50 am 11:50 am
10:50 pm 6:50 pm

Right On... FROM THE PUBLISHER'S PEN

I SHALL PASS THIS WAY BUT ONCE THEREFORE ANY GOOD THAT I CAN DO OR ANY KINDNESS THAT I CAN SHOW LET ME DO IT NOW FOR I SHALL NOT PASS THIS WAY AGAIN.

by Fitzgerald Beaver
editor & publisher

Tacoma Miss Wins State Oratorical Contest

The winner of the Oratorical Contest held by the Black Elks during their convention in Pasco, Wash. May 23rd was won by Miss Annette Maxwell, age 18, 717 Dartmouth St., Tacoma. She will receive a $1,000.00 scholarship to the college of her choice. Miss Maxwell will attend the University of Washington. Miss Maxwell defeated three other contestants. She has earned the right to compete in the Regional in Berkeley, Calif. in June. Should she win in Berkeley she will have earned the right to compete in the national for another $500.00 scholarship in Chicago in August at the national convention.

Miss Annette Lynn Maxwell is a senior at Foss High School. She is the daughter of Mr. and Mrs. Clyde Allen. Her activities include: Varsity cheerleader, Daffodil finalist, Afro princess, Homecoming queen, Red Cross representative, Year book editor, Girls honorary club, fashion consultant and model for Mother & Daughter Tea, pep club member, sings in Bethlehem Church Young Adult Choir, African Drum and Dance Troupe. Her hobbies are: writing poems, playing the violin, cooking, horseback riding. Her occupational aspiration is to pursue the field of Dental Hygiene.

FACTS NEWSSCOPE

World, National and Human Interest

By Renee'

BLACK RULE IN RHODESIA IS URGENT:

Julius Myerere, president of Tanzania believes that time is running out on Rhodesia's opportunity to grant Black majority rule through peaceful negotiations.

A SIGNIFICANT PRECEDENT: COMMON CAUSE HAULS CONGRESS TO COURT

For the first time in history, Congress as a body has been hauled into federal court. The senators and congressmen and women are being sued by Common Cause, the citizens' lobby, for allegedly abusing privilege.

PUBLIC WORKS BILL:

The House passed a $5.3 billion dollar public works bill strongly opposed by the Ford administration, but supported by Democrats who say it would generate 900,000 jobs.

U.S. FOOD POLICY FAVORS POLITICAL ALLIES:

With food prices soaring and millions facing death from starvation, the U.S. food industry has proven embarrassingly profitable. Secretary of Agriculture Earl Butz says, "We're using food as a tool right now and it is the strongest tool we have in international diplomacy."

AFRICAN STUDY FINDS YOGURT CUTS CHOLESTEROL

A Nutrition study among African tribesmen by Vanderbilt University has demonstrated that eating yogurt reduces cholesterol, which is blamed for much heart disease in the U.S.

WARRANTY PROTECTION AVAILABLE FOR NEW HOMES

A ten year warranty protection plan now is available in Tacoma and Pierce County. It is limited to houses and condominiums that are newly built. The plan is offered by the Home Owners Warrenty Council of Pierce County.

FOR THE WOMEN

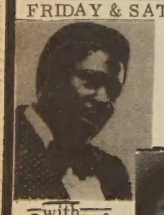
In spite of the Women's Rights Movement, women's earnings in relationship to men's may be about the same today as 14 years ago, according to a study reported recently by census bureau demographers J. McNeil and D. Sater.

NOTICE

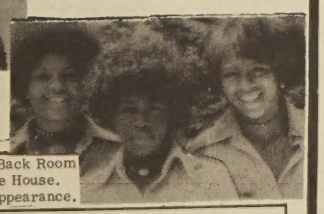
Tacoma Rape Relief urgently needs women as volunteer advocates to provide services to rape victims. Interested women should attend a meeting on Monday night, June 2, 8 p.m., at the Tacoma YWCA, 401 Broadway.

Rape Relief offers counseling, information, referral and third party reporting to victims, along with a community education program.

THE NEW HERITAGE HOUSE
"The Place for Superior Dining & Top Entertainment"
FRIDAY & SATURDAY ONLY



B.B. King
--King Of The Blues



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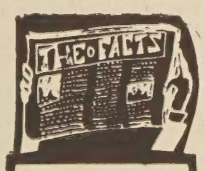


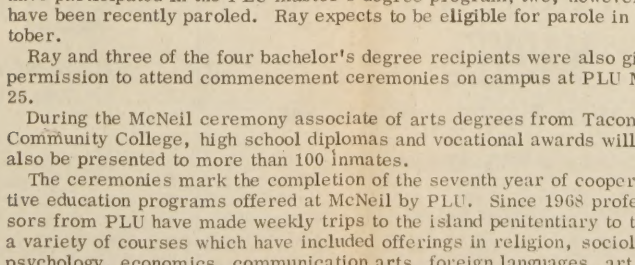
THE FACTS OFFICIAL POSITION IS EXPRESSED ONLY IN ITS PUBLISHER'S COLUMN (RIGHT ON). ANY OTHER MATERIAL THROUGHOUT THE PAPER IS THE OPINION OF THE INDIVIDUAL WRITER OR SUBMITTER AND DOES NOT NECESSARILY REFLECT THE OPINION OF THE FACTS.

Elks Highlight Education at Convention

The Improved Benevolent Protective Order of Elks of the World, held their Northwest States Association Convention in Pasco, Washington, May 22nd through 25th, at the Red Lion Motel, ending with church services at St. James Methodist Church. Over 200 delegates and members attended. The Lodges and Temples of the Northwest States are affiliated with the I.B.P.O.E. of W. nationally, with a paid up membership of 450,000.

The Grant Exalted Ruler, The Hon. Hobson R. Reynolds was a visitor during our convention. The Tacoma affiliate was a big winner at the convention. The highlight of the convention was the Educational Program which was an oratorical contest, won by a Tacoma high school senior. Another young lady from Tacoma was crowned Queen of Elks, Ms. Evangeline Bostic. Also, Mrs. Cathern Pagland of 3727 Portland Avenue was named Daughter Elk of the year. The delegates voted the 1976 convention will be held in Yakima, Washington and 1977 in Tacoma, Washington.

Sorority Makes Largest Contribution to M.L. King Shrine



Left to right: Mrs. Coretta King, Miss Bernice I. Sumlin and Mrs. Christine King Farris, sister of Martin Luther King Jr., and Co-Chairperson, Advisory Council of the M.L. King Jr. Birth Home.

High on the agenda of the Alpha Kappa Alpha Atlanta Conference on Reading Experience, was the visit of more than 300 members to the birthplace of the late Martin Luther King Jr., the first birth home of a Black American to win recognition by the National Register of Historic Places. Miss Bernice I. Sumlin, National President of A.K.A., presented a $3,300 check to his widow, Mrs. Coretta King, an honorary A.K.A., for the continuing upkeep and refurbishing of the national shrine.

At a later reception given by the King family for the Sorority at famed Ebenezer Baptist Church, Mrs. King, in presenting a plaque to the Sorority, said that, "This generous gift added to the $20,000 already given by A.K.A. at their 1972 Denver Convention, was the largest single contribution to the birth home by any organization." In response, Miss Sumlin stated that, "It is a rare opportunity for Alpha Kappa Alpha to have the privilege to honor the greatest moral leader of our time and we will continue to give financial assistance to this wonderful venture."

News Of Interest To Senior Citizens

The last day to sign up for the senior citizens property tax relief for property tax relief for property taxes due and payable in 1976 is June 30, 1975 at the Pierce County Assessor's Office, 8th floor, County-City Building, Tacoma.

The Senior Citizens who take advantage of this opportunity realize an average savings of $150.00 on their property taxes in Pierce County.

Ken Johnston, Pierce County Assessor, said, "Savings of a little over $12.00 a month may not seem like much to some of us, but to people who's income is on a fixed basis, under $4,000.00 per year, a $150.00 savings represents a great deal."

In 1974, approximately 11,000 Senior Citizens, in Pierce County, received a property tax reduction under this program. Over 9,000 applications have been received so far this year.

"Not too much time remains for making application for relief this year", stated Johnston, "and if someone would like to make application, but is unable to come into the office, they should call and we will refer them to one of the seventy-five locations throughout Pierce County where forms and assistance available."

For further information they can phone Mrs. Ethel DeVoe, Director of the Senior Citizens Program in the Pierce County Assessor's Office.

McNeil Man First To Receive Masters Degree in Prison

A McNeil Island Federal Penitentiary inmate will become the first person in the nation to receive a master's degree behind bars during prison commencement ceremonies Wednesday, May 28.

Victor Ray, 35, of Los Angeles, will receive a master of arts degree in social sciences from Pacific Lutheran University.

Four fellow inmates will receive bachelor's degrees from PLU during the same ceremony. They are Sam Bowers Jr., a religion major; and Ahssem M.S. Al-Rifai, Robert Mraks, and Oliver Minter, all sociology majors.

They represent the second group in the nation to receive degrees at prison commencement ceremonies and to complete all requirements for a bachelor's degree while behind prison walls.

Ray was one of five members of the McNeil-PLU Class of 1974 who achieved the landmark first last spring. Three of last year's graduates have participated in the PLU master's degree program; two, however, have been recently paroled. Ray expects to be eligible for parole in October.

Ray and three of the four bachelor's degree recipients were also given permission to attend commencement ceremonies on campus at PLU May 25.

During the McNeil ceremony associate of arts degrees from Tacoma Community College, high school diplomas and vocational awards will also be presented to more than 100 inmates.

The ceremonies mark the completion of the seventh year of cooperative education programs offered at McNeil by PLU. Since 1968 professors from PLU have made weekly trips to the island penitentiary to teach a variety of courses which have included offerings in religion, sociology, psychology, economics, communication arts, foreign languages, art, English, philosophy, business administration, social welfare and anthropology.

Until 1971 only religion courses were offered as the result of a cooperative effort between the PLU religion department and McNeil Chaplain Larry Mathre. In 1972 McNeil's new education director Joe Palmquist negotiated with PLU for a complete bachelor's degree program.

During the past three years PLU has provided five undergraduate courses a semester at the penitentiary. This past year the graduate program courses were offered at McNeil for the first time.

THE END OF A WAR

The end of the war in Indochina marks the end of one of the most tragic mistakes this nation and its foreign policy has ever incurred.

A war that divided America and drained its resources. An example of the "arrogance of power" that weakened our democracy and caused the good old U. S. much "loss of face" abroad, but as President Ford remarked this week, the war is finally over and further debate about its rightness or wrongness is senseless.

What is important is to rebuild our confidence in our own government and for America to begin caring for its own.

All of the so-called draft evaders and deserters should be pardoned and brought home. It's both ironic and tragic but in retrospect they were right about this nonsensical war. can defend the right of any American to choose the war he will fight in, but it's equally wrong to ask our young to fight and die in a foreign land when war has not even been declared and the purpose for American involvement continued to vacillate and be debated.

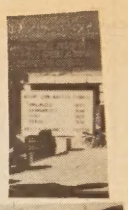
The argument most frequently given against a full pardon for all draft evaders is that is would make a mockery of the lives lost in Vietnam. Those drafted who did serve their country with honor have much to be proud of, and the unjustness of the war is certainly no reflection on them.

Two wrongs don't make a right, however, and it should be obvious now that American involvement in Southeast Asia was a mistake. To further punish those who viewed the war this way and ran rather than be involved in it continues this tragic comedy of errors.

The many lives lost and billions of dollars wasted compound the tragedy, but the fact that the people of America finally said loud and clear --enough! enough! enough!, and that their insistence and persistence out-weighed all political arguments is sound proof that our democracy works and works well.

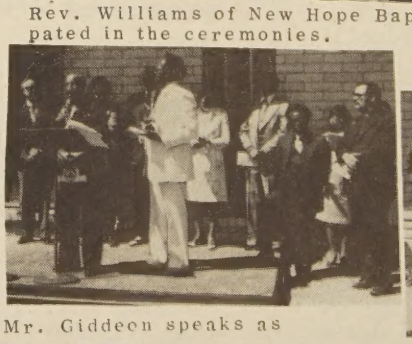
The future wars should be against poverty, disease and hunger and a good place to start is right here at home. As we "smart" from our embarrassment at being proven wrong in Asia, let's prove to the world that our government is not an insensitive bureaucracy, that its people are strong, and that rather than being the world's policeman we choose to set an example of love, compassion and unity for all to see.

PRINCE HALL MASONS Lay Corner Stone at Mt. Zion Church

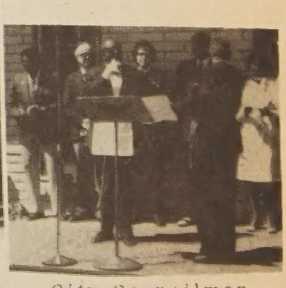


MOST WORSHIPFUL GRAND MASTER JAMES DAVIS brought a message when he led the Prince Hall Masons in laying the cornerstone of the new Sanctuary at Mt. Zion Baptist Church.

Rev. Williams of New Hope Baptist Church participated in the ceremonies.



Mr. Giddeon speaks as Rev. McKinny and other ministers gather around.

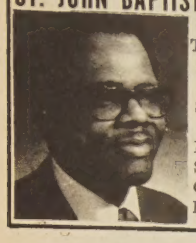


City Councilman Sam Smith was on the program.

The Most Worshipful Grand Master James W. Davis and members of The Most Worshipful Prince Hall Grand Lodge F. & A.M. of Washington and Jurisdiction, on Sunday, May 25, 1975 marched from their temple, 306 - 24th Avenue South to Mt. Zion Baptist Church, 19th and East Madison for the purpose of laying a cornerstone at the new Sanctuary being erected. Grand Master Davis wishes to thank each and everyone who participated in making this historic event a success.

Come to Church Services

ST. JOHN BAPTIST CHURCH



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Rev. J. Andrew Boles, Sr., Pastor
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Morning Worship 11:00am
Baptist Training Union 6pm
Evening Worship 7:30pm
Midweek Prayer Mtg 8pm
Church 272-4949
Res. 572-6299
Reverend E. S. Brazil

EASTSIDE BAPTIST CHURCH 3575 Portland

Rev. & Mrs. M.C. Connally, Jr.
Pastor's Residence Phone BR2-6415
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SUNDAY WORSHIP SERVICE 11:00-12 Noon

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Sun. worship/11 am
Wed. even./7:30 pm
Fri. YPC/7:30 pm
Rev. Mrs. E.E. Travis

BETHELHEM BAPTIST CHURCH 1723 So. I St

Sunday School 9:30 A.M.
Baptist Training Union 6:00P.M.
Worship Services 11:00 A.M.
7:30 P.M.
Office-272-3309
Home- 627-8721
Rev. Robert Davis, Pastor

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5802 Puget Sound
6229 South Tacoma
Tacoma, Washington
Res. GR2-2048
Pastor Office GR2-1888
Sun. School 9:45AM
Worship Service 11:00AM
Prayer Service-Wed 7:00PM
Pastor - REV. J. STINSON

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CHURCH OF GOD IN CHRIST
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Sunday School 11:00 a.m.
Noon Way Worship 12:00 p.m.
Evening Service 7:30
Midweek Service
Wed. Nite 7:30
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Pastor Elder Jesse McHenry
Res. 472-5272

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A Helping Hand

THERE ARE TIMES WHEN WORDS ARE INADEQUATE. THEN YOUR ACTIONS SHOULD DO YOUR SPEAKING FOR YOU.

When a family is in sorrow then gifts are in order. The gift of a floral offering, the gift of a covered dish, or just the gift of your presence, all can mean a lot.

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Tacoma, Washington 98401
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YE BELIEVE IN GOD, BELIEVE ALSO IN ME
ST. JOHN 14 CHAP., VERSE 1
Brotherhood Church of God
SUNDAY SCHOOL 9:45-10:45 A.M.
SUNDAY SERVICE 11 A.M.
EVEN. SONG 7:30 P.M.
BROADCAST WEEKDAYS 6:30 A.M.
on KTNT-FM
1620 ADAMS 759-1213
IVORY CRITTENDON PASTOR 922-8302

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Full Gospel Pentecostal Missionary Association Holds Breakfast Meeting

DISTRICT OFFICERS OF THE FULL GOSPEL PENTECOSTAL MISSIONARY ASSOCIATION: left to right--Elder & Sister Dorsey, Pastor of 16th and East Fir Street Church; Also, the Assistant District Sunday School Superintendent; Bishop and Sis. F.L. Braswell, Pastors of 25th and Dearborn Church of Seattle; also Sis A.M. Braswell, District Supervisor of the Northwestern District; Elder and Sis. W. Robert; Elder Robert is the Assistant Pastor of the Wilkerson St. Church in Tacoma; Elder E.L. Rodgers, Pastor of the New Birth of Christ Pentecostal For All Nations, 1200 Jackson Street.

Left to right--Brother & Evangelist R. Washington; Evnag. R. Washington, District Evang.; Evang. W. M. Field, Assistant Pastor of the 25th and Dearborn St. Church; Evangelist Ida B. Ford, member of 25th and Dearborn Church; Evangelist A. Bradford, District Youth Leader, also a member of the 25th and Tacoma Church; Dec. and Sis. J. Darby; Sis. L. Darby, District Secretary; Dec. J. Darby, District Sunday School Superintendant.

Left to right--Minister Robert, The son of Elder W. Robert of Tacoma, who works with the youth each Friday night; Dec. Sims, the husband of Pastor M. J. Sims of Tacoma Church, Wilkerson Street; Brother and Sis. J. Frost, Jr.; Sis. B. Frost, Psalmody leader; Brother Harold Sims, Second Vice President of the District Youth Congress; Brother and Sis. F. Steverson; Sis. E.M. Steverson, President of the District Youth Congress.

A Breakfast council meeting was called by our District Bishop F.L. Braswell for the purpose of strengthening the Northwest District of the Full Gospel Pentecostal Missionary Association. The breakfast was held at Sambo's Restaurant, Seattle, Washington.

There were many things presented at this meeting. The officials of the District has much to say concerning the upbuilding of the work for God.

Our aim for the year 1975 is to press toward the mark of the high calling in Christ Jesus. Each District Worker has a great job to do. They have the zeal within that only what's done for Christ will last and that together we stand and divided we shall fall. In order to build and to have an effective work for the Lord in these last days we must do as recorded in Hebrews 12th Chapter, Verses 1 and 2:

"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and sin which doth so easily beset us, and let us run with patience the race that is set before us,
Looking unto Jesus the author and finisher of our faith: who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God."

We the District Workers of the Full Gospel Pentecostal Missionary Association are striving to a greater work for God in these last days.

Senior Bishop, C.E. Morris; District Bishop, F.L. Braswell, District Supervisor A.M. Braswell; Reported by Sis. L. Darby.

Black Sisterhood Proposed

by Andre Young

It is out of shear frustration and anguish that these comments are being made.

Last week, the Tacoma FACTS Newspaper ran an article about the long standing dilemma of Ms. Frankie Donahue, Counselor II at the Purdy Treatment Center for women. Ms. Donahue and other Black women similarly situated should long since have had an advocate protective group of their own as a means of aiding and assisting them.

Black women have throughout the years been misused and abused by this racist perpetuated society. The black woman's dilemma has been propounded by the fact that her black man doesn't appreciate her considerable worth nor does he protect his very existence by protecting her. At first impression, it would appear that the NAACP, Urban League and Links, Inc. were geared to being advocates for non-whites and other poor and oppressed peoples. However in the reality these local organizations are no more than social clubs with a flare for the philantropic and self-interest motivated.

Locally black women need a person, group or organization as a supportive measure against the many abuses they suffer i.e. Frankie Donahue and others.

The Womens Rights Amendment advocacy is exclusionary of Black women. White women have virtually taken over this movement as their own and leaving Black women in recluse in the breach, nowhere.

Like anyone else, black women need some successes and rewards to off-set the many difficulties they face on a day to day basis here in the hell-holes of America.

As a whole, Black men haven't learned that no individual, group or race of people are any better off than the overall status of their women. So rather than slippin' and sliddin' and talk out of the sides of one's mouth about i.e. 'the bitch this and the bitch that' it would be wise for the Black man to re-group and support Black women wherever it is conceivable to do so.

Planned Parenthood Rap

by Marguerite Morehead

THOUGHTS OF A YOUNG WOMAN -

"I don't live in the 1870's, I live in the 1970's. I'm not going to have ten children and watch most of them die from fevers and infections. I'm going to have one or two and watch them grow up to have children of their own.

"But I'm not going to do that for a while.

"First I have to learn to live, learn to stand on my own two feet without leaning on anyone else.

"I have to learn about the world and my place in it.

"So, I don't have time for all the sentimental stuff that people back in the 1870's used to sweeten their lives.

"That's why I like you. You don't tell me that you live 'only for me'. You don't try to use that as a way of getting out of living for yourself. You don't ask me to make promises about the future when I'm not sure what the future holds. You don't sing sad songs at me or tell me your life is empty without me. We know that if a person's life is empty, it's because that person isn't doing what he can to fill it himself.

"I like you because you care about yourself. You'd never try to trick me or trap me. I like you because you're strong, because you're you and you let me be me. I like you because you don't call me darling, you....

"Call me friend."

(Planned Parenthood knows that nothing can wreck a friendship faster than a pregnancy that wasn't planned. Planned Parenthood believes in friendships, because relationships that grow between friends are better, and stronger, and offer the best environment for children to grow up in. We believe in children, too. You can call us friend.)

NOTICE

HUMAN SERVICES PLANNING - "PEOPLE V/S THINGS"

The Department of Human Development has begun its human services planning for 1976. The Department will need help in completing its work. Part of the help we need is in the form of responding to our human services survey. A number of agencies in Tacoma, with budgets of $50,000 and over or having primary responsibility in service delivery, will be recieving a survey for your response. The Department of Human Development on behalf of the City of Tacoma will appreciate your response to the survey. The information from the survey will be a major part of the information that the Department will use in making financial and program recommendations to the Tacoma City Council for 1976.

questions and answers

Q. I am going to apply for supplemental security income. My son, who is 16, is blind. Would he be eligible for payments, too?

A. He may be. Supplemental security income payments can be made to a blind or disabled child, or to someone on a child's behalf. The child should apply for payments, or if he is unable to do so, you should apply in his behalf.

Q. I started getting supplemental security income payments last year. Do I have to file an application for these payments every year?

A. No, but social security will review your case to redetermine your eligibility and payment amount. You'll receive a letter from social security telling you when it is time for your redetermination.

Q. I'm getting married this month. My husband and I plan to use a hyphenated combination of both our last names as our married name. Should we both report this change to social security?

A. Yes, especially if you are both employed. Whenever you change the name you use in your employment —because of marriage, divorce, or other reasons—you should have it changed on your social security records. You can change your name by filling out a form available at social security offices and at many post offices and employer personnel offices.

PEOPLE'S MARKET
The Little Store: Small enough to know you, Large enough to properly serve you
Locker Beef Cut & Wrapped 85¢
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ROAD SERVICE

Perform a death-defying act.
Stop smoking.
Give Heart Fund
American Heart Association

What you *think* means more than anything else in your life. More than what you earn, more than where you live, more than your social position, and more than what anyone else may think about you.
GEORGE ADAMS

Advertising and the Black Press

by Vernon Jordan

The advertising industry is one that deals in image, selling ideas and new concepts, but it badly needs to sell itself the idea of affirmative action.

Some people remember the tremendous battle it took just to get a Black actor or actress into a commercial. Despite all the prophecies of doom at the time, many commercials are now fully integrated and, if anything, it's helped sales.

But it also has deceived many people into thinking there is equal employ opportunity in the industry and that's false.

Next time you see a Black actor or actress on a television commercial, be aware that the cost of that person's services is a tiny fraction of the total money involved in producing and marketing that piece of film. Just about every dollar of that total goes to white employees and white media.

There are about 25 million Black people with a total purchasing power of about $60 billion annually, so it seems to me that the industry can make more of an effort to employ Blacks and to place ads in Black media which is being squeezed by economic factors.

This is important for Black people to understand -- the Black media is a basic avenue of communications among Blacks and it depends for its fate upon advertising decisions made by advertising agencies and business executives.

Last year the industry's billings came to $13.6 billion, most of it going to television, the rest to radio, magazines and inserts and newspapers. Black-oriented media got only about $100 million of that advertising volume, less than one percent.

This is true despite the fact that Black consumers generated about a billion dollars for the advertising industry. It is only fair that some of that should be returned to the Black community in the form of ads in Black-oriented media.

It's good business, too. Blacks are simply not reached by the same television programs and magazines patronized by whites. The advertisng industry prides itself on the sophistication of its marketing research, yet it persistently refuses to recognize that Black comprise a market that needs to be reached through both the general media like the daily newspaper, and through specialized media, like the Black weekly.

The industry has fallen down on its hiring policies too. Believe it or not, its own figures show that its numbers of minority professionals have actually declined within the last five years.

In too many agencies, Blacks are invisible in the top jobs. I recently attended the Annual Meeting of the American Association of Advertising Agencies and I could have counted the number of Blacks there on the fingers of one hand.

Some industry leaders are pushing ahead with affirmative action policies to hire more minorities. Indeed, the very biggest agencies have increased their employment rates.

But there is still a feeling among some executives that they can't really expose a client to a Black decision-maker in their agency. This attitude reminds me of the old battle over getting Blacks on screen in commercials -- ad men thought their clients would drop the account if it happened.

Well they didn't. And I doubt very much if any client would object to dealing with a Black executive today. In fact, I suspect some clients, especially those with Blacks in executive positions themselves, would begin to worry if they didn't see any Blacks around in professional jobs in the agency. They would rightly wonder if the agency is capable of selling the product to Blacks. When you consider that Black buyers can spell life or death for some products, that's a big factor.

For an industry that's so typically American, and so deeply involved in selling ideas and creativity, advertising ought to be a leader, not a laggard, in dealing equitably with Black people.

Perform a death-defying act.

Exercise regularly.

Give Heart Fund
American Heart Association

Booklet Tells About Medicare And Medicaid

Single copies of a booklet explaining differences and similarities between Medicaid and Medicare are available free at any social security office.

The 32-page, pocket-sized booklet is called "Medicaid, Medicare: Which Is Which?" It was prepared by the Medical Services Administration of the Social and Rehabilitation Service of the U.S. Department of Health, Education, and Welfare.

Medicaid is a State-Federal program that helps pay the health care expenses of eligible people with little or no income and limited resources.

Medicare is health insurance funded by social security contributions, individual premiums, and Federal general revenues. It helps pay the hospital and doctor bills of people 65 and over, disabled people under 65 who have been entitled to monthly social security disability payments for 24 consecutive months or more, and eligible workers and their families who have chronic kidney disease and need a transplant or dialysis.

Social Security Index to Manuals Now Available

Social security staff manuals, instructions, and other materials available for public inspection have now been indexed for easy reference, according to social security officials here.

The index, available in every social security office, lists the social security claims manual and numerous other documents and publications open for public inspection under the United States Freedom of Information Act. The index will be updated every 3 months.

"People can get information at any social security office about where the indexed materials are available," a spokesman said. "They can examine the materials and get a copy of as many as 50 pages free of charge. When over 50 pages are requested, copies are available at 10 cents a page."

Social security administers retirement, disability, and survivors insurance as well as Medicare and the supplemental security income program. The Social Security Administration is an agency of the U.S. Department of Health, Education, and Welfare.

Astrology VIII

by Gini

SATURN: THE TESTER

"Whom the Lord loveth, He chasteneth."

"Father Saturn's goal is PERFECTION. Through the chastening process of testing sorrow, delay, disappointment, limitation, privation, etc., man learns the purpose of life is not pleasure but to gain experience, patience, humility, wisdom and compassion - In Saturn's silence, in retrospection, meditation, concentration, looking within for guidance, Father Saturn helps us to bear our Karma and pass the tests of life and reach the final perfection we must all attain in the process of evolution."

Saturn is the 6th planet from the Sun in our solar system and is the only planet with rings around it. These rings symbolize "limitations" that operate as a harsh external discipline until we have learned to discipline ourselves.

Saturn's principle is CONTRACTION, precisely opposed to Jupiter's expansion; discussed last week. Jupiter and Saturn mostly influence our human "functioning" in the outer material world. Without expanding our experiences we cannot grow; yet, likewise, without self-discipline we cannot fully grow either. So although these principles represent opposites they also represent allies. It is the BALANCE of our energies that we must seek and when we tend to overdo, Saturn, wherever it's influence is in our natal chart, always reminds us of our limitations. The very act of concentration calls for "limiting" one's attention.

Saturn's influence on our human MOTIVATIONS and INCLINATIONS are:

To Limit - To restrict for justifiable reasons
To Control - To govern for purposes of benefit
To Discipline - To impress upon the mind or the memory

Everyone has an urge to exercise restraint, even upon himself; to be master of his own destiny; and to gain command of both his overt acts and his private thoughts. Saturn's position at your birth identifies and measures your urges and in what affairs in your life. At age 29 - 30 Saturn has made a complete orbit around the Sun and has returned to it's "natal" position. This indicates a new cycle of Saturnian influence.

The saying is "what you earn from Saturn you can keep" meaning the lessons we have learned in life are put in proper perspective and we go on to new experiences. If we have not learned we often repeat them.

Through experience, patience, persistence and self-discipline, we can change the negative Saturn qualities of skepticism, fear and suppression into confidence, dependability, wisdom and compassion.

"If you treat a man as he is, he will remain as he is. If you treat him as he ought to be and could be, he will become as he ought to be and could be."

GOETHE

5 YEARS OF DROUGHT.

African Drought Relief Committee

"Tacoma's Most Recommended Used Car Dealer"
"Where You Can Buy, Sell, Trade With Confidence"

7201 S. TACOMA WAY
475-3165
ART RANDLE MOTOR CO.
Lemmie Brown--home phone 572-7027

OPEN 10 TO DARK EVERY DAY

See these new homes in OAKBROOK, a highly desirable residential area. Several styles to choose from. Some on Fairway lots. All have deluxe appliances, fireplaces, family rooms, dining rooms, and double garages. Model Home is located at 7310 Amber Lane SW. Follow our yellow and green "OPEN HOUSE"signs. Salesman will be there to greet you or call 584-0523.
WESTMARK PROPERTIES, INC.
582-5352 845-1713
Equal Housing Opportunity

Yes, We Deliver!

Office supplies delivered to your desk, that's one of the many services of Allen Enterprises. So when office supplies are needed don't be caught shopping around, especially if you've got better things to do. Just do yourself a favor and receive two for one. Here is the deal: you call us and tell us what you need. That's all!

Now here is your two for one return:
(1) We bring your supplies to your desk and in most cases it's the same day.
(2) We S-A-V-E you M-O-N-E-Y. How much do you have to buy? Answer? Just what you need.

Still doubtful? Well, sit the paper down or whatever, pick up the phone and dial 272-9585, ask for Naomi or Josh!

ALLEN ENTERPRISES
1310 South Kay Street
Tacoma, WA 98405

ANCHOR HOCKING
Wexford Crystal
Offer Ends Sat., June 7

"I'm always proud to serve Safeway meat"

Prices effective Wednesday, May 28th thru Saturday, May 31st. Sales in retail quantities only.

Cut Corn or Beans
Town House 3 16 oz. $1

Cantaloupe Large Ripe Favorite lb. 25¢

Broccoli Fresh Bunches lb. 29¢

Anjou Pears Sweet Large Extra Fancy lb. 29¢

Beef Chuck Steak BONELESS U.S.D.A. Choice lb. $1.29

Fresh Whole Fryers Grade A Arkansas Grown lb. 49¢

Bar S, Cudahy Smoked Picnics 6 to 8-lbs. Water Added lb. 69¢ Sliced lb. 75¢

Leaf Lettuce Red or Butter, 2 for 39¢
Large Cucumbers ea. 19¢
Local Spinach 2 for 39¢
Red Potatoes 2 lbs. 29¢
Orange Drink 6 oz. Can, Half Gal. 89¢
Sunkist Lemons 3 for 39¢

Lean Ground Beef lb. 89¢
Pork Sausage Rolls Roll, lb. 89¢
Beef Liver, Sliced lb. 69¢

Great-Eating Guaranteed!
Beef Chuck Roast Boneless Choice lb. $1.29
Cut-Up Fryers Grade A Arkansas Grown, lb. 55¢
Beef Plate Short Ribs Choice lb. 73¢
Pork Blade Steaks lb. $1.19

LUCERNE AA Fresh Eggs
Medium Doz. 43¢ Large Doz. 53¢

CRISCO Salad Oil SUPER SAVER 24 oz. 99¢

OVEN BAKED B & M Beans SUPER SAVER 28 oz. 59¢

DINNER HOUR Spaghetti SUPER SAVER Long 32 oz. 69¢

More to Choose From!
Edwards Coffee lb. Can $2.89
Lipton Instant Tea 2 oz. $1.37
Red Rose Tea 1-lb. $2.26
Town House Tomato Sauce 8 oz. 16¢
Town House Tomato Paste 6 oz. 25¢

Softasilk Flour 5-lb. Bag 71¢
Sunshine Vanilla Wafers 11 oz. 57¢
Carnation Diet Food Slender 10 oz. 44¢
Coffee Mate Carnation, 16 oz. $1.21
Scotties Tissue Facial 200's 50¢
Whole Peeled Tomatoes Town House 3 16 oz. $1
Stew. Tomatoes Town House 3 16 oz. $1
Prem Lunch Meat 12 oz. 83¢
Stir-N-Serve One Pan Meal, 7 oz. 39¢
Family Pack Noodles Majorette, 24 oz. 99¢

Bacon, Sliced Smok-A-Rama (2 lb. 2.55) lb. $1.28
Safeway Wieners lb. 89¢
Turkey Roast Grade A Frozen Hindquarter, lb. 39¢

English Muffins (Raisin, 53¢) Mrs. Wright's, 6's 49¢
SUPER SAVER Appian Way Pizza Mix 12.5 oz. 57¢

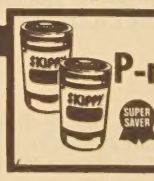
Seafood Features
Greenland Turbot Fillets, lb. 69¢
Fish Cakes Captain's Choice, 12 oz. 59¢
Whiting Fish Pan Ready, lb. 49¢

Serving Suggestion
LUCERNE Ice Cream SUPER SAVER Half Gal. 99¢

CRAGMONT Fruit Drinks SUPER SAVER 46 oz. 45¢

LUCERNE Sundae Style Yogurt SUPER SAVER 2-lb. 59¢

SKIPPY P-nut Butter SUPER SAVER 28 oz. $1.19



Safeway Freezer Values!
Rhodes Bread (Honey Wheat 1.75) White Dough, Five-1-lb. $1.71
Orient or Del Sol Vegetables Stokely's, 10 oz. 73¢
Cookin' Bags Banquet, 5 oz. 29¢
Jeno's Pizzas 13.25 oz. 96¢
Scotch Treat Orange Juice (16 oz. 43¢) 12 oz. 49¢
Scotch Treat Peas 10 oz. 29¢
Bel-air French Fries 9 oz. 26¢
Birdseye Japanese Vegetables 10 oz. 59¢

More to Choose From!
Town House Instant Rice 28 oz. $1.49
Ground Coffee (lb. 1.13) Safeway, 2-lb. $1.77
Maxwell House Coffee, 3-lb. $2.95
Vienna Sausage Armour's, 5 oz. 38¢
Libby's Corned Beef 12 oz. $1.29
Dinty Moore Beef Stew 40 oz. $1.49

Refrigerated Food Buys!
AA Cube Butter Parkgold, lb. 87¢
Cream Topping Lucerne 6.5 oz. 59¢
Non-Dairy Topping Blossom Time, 8 oz. 55¢
Margarine Sunnybank Regular Cubes, 1-lb. 45¢
Corn Oil Margarine Sunnybank Cubes, 1-lb. 55¢
Parkay Margarine Cubes 1-lb. 60¢

1000 Island Dressing Pfeiffer 8 oz. 69¢
NBC Cheese Nips Crackers, 16 oz. 89¢
NBC Oreo Cookies 15 oz. 87¢
Viva Paper Towels 126's 63¢
Fiesta Paper Towels 126's 62¢
Black Flag Flying Insect Killer 7 oz. 97¢
House & Garden Black Flag Insect Killer, 12 oz. $1.79

Clip & Save
CREST Toothpaste
REG. 81¢ 5 oz. 71¢ With This Coupon
SAVE 10¢
Seattle Division Coupon. Limit 1 per coupon. Cash value 1/20 of one cent. Effective thru May 31, 1975 Only.
SAFEWAY COUPON $

Clip & Save
SAFEWAY Vitamin E 200 I.U.
REG. $2.89 100's $2.14 With This Coupon
SAVE 75¢
Seattle Division Coupon. Limit 1 per coupon. Cash value 1/20 of one cent. Effective thru May 31, 1975 Only.
SAFEWAY COUPON $

Highway Sweet Peas 3 16 oz. $1
SUPER SAVER Northern Tissue Bathroom, 4's 74¢

SAFEWAY Baked Goods
SKY-LARK Bread SUPER SAVER 3 15 oz. $1
Oven Joy Bread 2 22.5 oz. 85¢
6 Bear Claws Mrs. Wright's, Pkg. 98¢

Northern Napkins 140's 45¢
Zest Bar Soap Both Size, 5.75 oz. 34¢
Personal Size Ivory Soap 3.5 oz. 15¢
Biz Laundry Presoak 38 oz. $1.74
Dash Detergent 157 oz. $3.19
Tide Detergent 49 oz. $1.21

Clip & Save
STAY FREE Mini Pads
REG. $1.59 30's $1.29 With This Coupon
SAVE 30¢
Seattle Division Coupon. Limit 1 per coupon. Cash value 1/20 of one cent. Effective thru May 31, 1975 Only.
SAFEWAY COUPON $

Clip & Save
SOFT WHITE G. E. Bulbs 60, 75 & 100 Watt Only
REG. $2.00 Pkg. of 4 $1.50 With This Coupon
SAVE 50¢
Seattle Division Coupon. Limit 1 per coupon. Cash value 1/20 of one cent. Effective thru May 31, 1975 Only.
SAFEWAY COUPON $

PRICES EFFECTIVE AT THE TACOMA SAFEWAYS ONLY

. . . DOWN TO BUSINESS

DR. BERKELEY G. BURRELL
President, National Business League

Black Business — Fighting For Survival

According to a recent study prepared for the Department of Commerce's Office of Minority Business Enterprise, an estimated four out of every ten Black businesses operating in 1972 have gone out of business, which represents a forty per cent (40%) failure rate. The major blame for this failure rate among Black businesses should not be cast upon the businesses themselves, but rather upon the community structure in which they operate.

A business cannot survive without a healthy economic environment — that is, an environment with an adequate supply of capital for the purchase of goods and services, the investment in business enterprises and the expansion of manpower and plant capacity. A minority business is not different. It, too, needs a healthy economic atmosphere. Unfortunately, the Black community does not currently provide such an environment.

Traditionally, Black-owned businesses have concentrated in the Black community and have been forced to limit their enterprises to the areas of retail trade and selected services. Such businesses were primarily small-scale, and actually thrived on the racial segregation which characterized our communities. Black businesses satisfied the commercial needs of the Black community and, in turn, got their share of the total Black income. But in so doing, Black business captured control of only a small fraction of the nation's total business activity.

Retail trade and selected services have declined in recent years, and the increase in integration has introduced an element of competition for which Black businesses have had little experience. These businesses can no longer depend upon the monopoly of the Black market as a means of survival. They must now compete with white businesses that have the money and managerial expertise to threaten their very survival.

But there are other, more important reasons, why Black businesses must enlarge their market base. As a group, Blacks represent only 13 per cent of the total population in this country. And in 1970, we collectively accounted for a meager 6.5 per cent of the total money income. This means that a business sector that concentrates solely on the Black market is effectively ignoring more than 93 per cent of the total dollar income in America. With such a limited financial market, a business entity must remain small in order to make a profit, since it can ill-afford to build up inventories larger than their marketability.

Further, our current problems of inflation and recession place tremendous pressures on the small, unstable income areas. As a result, the Black market is seriously depleted. High unemployment, poor housing conditions and inadequate training and experience in the labor field combine to disintegrate their already decaying financial base.

Since the majority of Black-owned businesses are sole proprietorships — one man operations — the source of capital needed to sustain these firms usually come from the owners personal savings. Unlike big business. Black firms tend to avoid the corporate structure which provides far greater opportunities for generating equity capital — money that does not have to be repaid — than does the one-man structure. To be sure, the primary source of capital for the Black sole-owner is loans, either from banks or other lenders. Borrowing from financial institutions is a form of debt capital because the money must not only be repaid, but repaid with interest as well.

With a limited profit margin, small size, and a restrictive Black market, these firms are not the most attractive to lending institutions. The urban hubs in which they operate — where crime, poverty and lack of education pervades — further limits their ability to attract capital.

It is clear that the Black community, in its present condition, cannot generate the economic support that our businesses need to survive; particularly in these troubled times. If this state is to change, the President and the Congress must make a new and expanded commitment to revitalize our urban centers for the good of the nation and for the survival of those businesses located there. Black business must now join the larger struggle for total community economic development which only means ***getting down to the business*** of survival.

THE BLACK PRESS —
OUR FREEDOM DEPENDS ON IT!

Job Opening for ADVERTISING SALESMAN

Man or Woman
PART TIME and FULL TIME
Good Pay - Rapid Advancement
for Real Worker

THE FACTS

NEEDS ENERGETIC PERSON WITH INITIATIVE, DEPENDABILITY.
MUST HAVE CAR.

APPLY IN PERSON TO:

THE FACTS NEWSOFFICES
SEATTLE: 2830 East Cherry
OR
TACOMA: 1019 South 12th St.

An Equal Opportunity Employer

If you had High Blood Pressure what would you do?

For those with high blood pressure who need medical help, medicines and other kinds of therapy are used to bring blood pressure down and keep it within safe limits. It is important to follow and remain on whatever therapeutic program is prescribed in order to avoid possible complications.

May is High Blood Pressure Month
American Heart Association

LEGAL NOTICE

The City of Tacoma has submitted an application for funds in fiscal year 1976 for the operation of manpower programs under Title I of the Comprehensive Employment and Training Act of 1973. The goal of the plan is to move target populations into economically productive employment through a combination of basic remedial education, skill training, on-the-job training, and preparatory subsidized work experience.

I.	Service and Placement Goals	
	A. Total number to be served	1,225
	B. Total number terminating	799
	C. Total number of placements in unsubsidized employment	500
	D. Total number of other positive terminations	91

II.	Target Population to be Served	total served
	A. Youth (14-21	461
	B. Older Workers (45+)	47
	C. Minorities	431
	D. Welfare recipients	179
	E. Persons at risk for commitment	120
	F. Unemployed female heads of household	197
	G. Handicapped	76
	H. Economically disadvantaged	944
	I. Veterans	165

III.	Program Activities and Services		
	A. Total projected expenditures by program (thousands)		
	1. Classroom Training		400
	2. On-the-job Training		380
	3. Public Service Employment		440
	4. Work Experience		507
	5. Other Activities		120
		sub-total	1,847
	B. Estimated unexpended funds to be carried into next fiscal vear		350
	C. Total CETA funds available during program year		2,197

IV.	Cost Categories	
	A. Administration	245
	B. Allowances	270
	C. Wages	810
	D. Fringe Benefits	82
	E. Training	250
	F. Services	190
	sub-total	1,847
	+carry in	350
		2,197

The grant application for FY 76 may be viewed between the hours of 8:00 a.m. and 5:00 p.m. at:

Tacoma Manpower Planning Office
705 South 9th Street, Room 202
Tacoma, Washington 98405

NOTE: THIS IS A NOTICE OF APPLICATION FOR FUNDING ONLY. NO JOBS ARE CURRENTLY AVAILABLE.

Performance Of FY 75 Operations Through 3-31-75

I.	Services		
	A. Enrollments in Program Activities		
	1. Classroom Training	125	105
	2. On-the-Job Training	120	102
	3. Work Experience	157	189
	total	402	396
	direct placements		32
	total served		428
	B. Numbers Served by Target Population	402	428
	1. Youth (14-21)	137	217
	2. Older workers (55+)	26	7
	3. Minorities	171	219
	4. Welfare recipients	74	134
	5. Veterans	33	42
	6. Persons at risk for commitment	37	40
	7. Unemployed female heads of household	67	76
	8. Handicapped	22	20
	9. Economically disadvantaged	280	374
	TOTAL	402	428
	C. Terminations	154	119
	1. Placements	94	70
	2. Other positive terminations	22	14

II.	Expenditures	Actual
	A. Cost Categories	
	1. Administration	139
	2. Allowances	28
	3. Wages	115
	4. Fringe Benefits	8
	5. Training	56
	6. Services	58
	total	404
	B. Program Activities and Services	
	1. Classroom Training	88
	2. On-the-Job Training	123
	3. Services to Clients	-0-
	4. Work Experience	193
	total	404

THOUSANDS OF READERS GET YOUR MESSAGE WHEN YOU SOUND OFF IN THE ★ FACTS CLASSIFIED ADS ★

Veteran's Administration

824 S. Trofton
Tacoma
$9,000
Older home in need of repairs. Good location.

"Price $9,000, cash downpayment $250.00, balance payable in 240 monthly installments of $75.94 each, including principal payments plus interest at an annual percentage rate of 8½%. Total monthly payment due on the 1st of each month includes taxes and insurance and is estimated to be $107.00.

EQUAL HOUSING OPPORTUNITY
SEE YOUR BROKER FOR ADDITIONAL HOMES OR CALL VA PROPERTY MANAGEMENT 442-7085, SEATTLE.

FOR SALE
CHEAPER THAN RENT

LOW DOWN on Real Estate Contract and low payments. This 3 B.R. home is located at 917 So. Cushman. Total cost $10,000.00. For more info. call LEN OLSON at 582-1300 or 584-1183 res. K 74752

DUPLEX

TWO STORY, Excellent rental area. Owner contract on $20,000. sale price. For details call MAC MILLER, 582-1300 or 588-7562 res. OC 74063

W.H. OPIE & CO.
12222 Pacific Avenue
Tacoma, WA.
REALTORS
EQUAL HOUSING OPPORTUNITIES

HELP WANTED

Direct Services Supervisor -- Position with an organization providing services in area of child abuse and neglect.

Qualifications include a graduate degree in social sciences and experience in casework and supervision.

Submit resume to the Panel For Family Living, 1115 South 4th, Tacoma, WA 98405

Salary: $12,000/yr.

Deadline: June 6, 1975.

Equal Opportunity Employer

INTERESTED IN A NEW HOME?

Whether you're selling your present home or buying a new one, The Quadrant Corporation has the services you need. We've got professionals for every aspect of the real estate industry. And we're recognized as one of the biggest residential sales and listing companies in the Puget Sound area. Call the office nearest you.

Bellevue, 746-3800; Juanita, 827-0536; Fairwood/Renton 226-4100; Twin Lakes/Federal Way, 838-9933; Tacoma, 473-2300.

EQUAL HOUSING OPPORTUNITIES
THE QUADRANT CORPORATION
A Weyerhaeuser Company

BROWNES

STAR GRILL &
STARLITE ROOM
CHAR BROILER

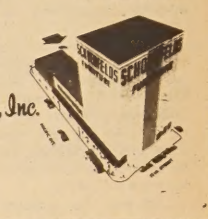
- HAMBURGERS
- STEAKS
- CHICKEN
- SEA FOOD

1114 So. "K"

PACIFIC AT FIFTEENTH
TACOMA, WASHINGTON
BR 2-4171

FREE IN-STORE CUSTOMER PARKING

Schoenfelds, Inc.
First in Furniture since 1864



RUSS ADAMS
HOME FURNISHINGS

Tacoma - 3591 South 'D' Street
Tacoma, Wash. 98408
Phone: 593-4296

COMMUNITY ALCOHOL CENTERS

TOM MACK

Tacoma - 3591 So. D. Street 593-4296
Puyallup - 506 13th Ave. S.E., Room 211 848-5111
Lakewood - 3591 Gravelly Lake Dr. S.W. 588-8944

Elephant Super CAR WASHES
25th & Pacific

For the finest, fastest color finishing service leave your films at
HI-GLOSS
PHOTO SERVICE
1018 So. Kay Street

Hillside Quickie Store

CORNER OF 16th + G 383-1955
open until 2 a.m. Fri. and Sat.
7-11 SUN THRU THURS

FOOD COUPONS ACCEPTED
GROCERIES
HOT FOODS
Specials This Week:
Bar B-Q Steaks Beef Hound
COLD BEER & WINE TO GO

BEVERAGES
MUSIC
POOL
SHUGDUF tavern
NEW CARD ROOM
1209 South K st MA 7-9976

LISTEN TO... Right On
the commentary of Fitzgerald Beaver editor & publisher of THE FACTS
Seattle, Washington. Tacoma, Washington

Heard Every Tuesday on
KVI Radio 570
2:50 am 5:50 am 11:50 am
10:50 pm 6:50 pm

BALDWIN
TIRES & BRAKE SERVICE

★ STEEL RADIALS
★ WIDE TRACKS
★ RECAPPING
★ DYNAMIC BALANCING
★ BRAKES DRUM & DISC FOREIGN & AMERICAN
★ F/E ALIGNMENT
★ BATTERIES
★ MUFFLERS
★ SHOCKS

LEONARD BALDWIN

RADIAL WIDE
Snow Tires
Steelbelts
Wide Whitewall

ELDORADO
THE GOLDEN LINE OF SAFETY
BOBBY UNSER SPECIAL TIRES

FU3-2101
1922 TACOMA AVE. S.
Open Six Days A Week

Helping people get things done.
Banking Centers throughout the Tacoma area
Pacific National Bank of Washington

I.MORGANS ELECTRONICS

T.V. SALES NEW & USED

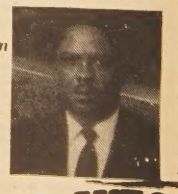
COLOR TV $195 & UP

$39.95 & up while they last. Black & White portable, rebuilt-all defective parts have been replaced. New 2&3 year warranty on picture tubes. RCA Tubes Available Also. Also, 8 track tapes, amplifiers, Sony TV & Radio batteries, kneedles, mike stands & free information.

627-9822

1106 SO. 23ST.

Our goal is to serve you, make friends, and to save souls. Help me to help others. May God bless you.
Reverend Ivory Crittendon



IVORY'S AUTO BODY SHOP
FOREIGN & AMERICAN CARS
SPECIALIZING IN VOLKSWAGENS
Tune-ups, Brake-work and Windshield replacements
272-8703
2155 South 'K' Street Tacoma,

AUTO PAINTING & BODYWORKS

Miss Evon
E.S.P. Reader & Advisor

Advice given on all problems of life..... Love, Marriage, Business, etc. There is no problem so great that she can't solve it. One visit will convince you. Where others fail she succeeds. She asks no questions but will be able to answer all of yours. All readings confidential. For information or appointment, call:
525-3194
Open Daily From 9 a.m. ti 8 p.m.

AMERICAN MOTORS CARS

American Motors Jeep SINCE 1918

AMC Buyer Protection Plan

Sanford Motors
6027 S. Tacoma Way, Tacoma, WA GR4-0761

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I am not a common reader. I do not read by cards or books, but through God's spirit gift. I will not only tell you what your problems are, but I will help you to overcome them. I will help reunite the separated, and give helpful advice on all affairs of life, such as love, marriage, business and health. WILL GIVE YOU LUCKY HANDS AND NUMBERS. Will call your friends and enemies by name without asking. Will tell you what your troubles are and how you can find help yourself. Will answer by mail, or one free question on phone.
774-1402 LYNNWOOD

Time

By Ray A. Fairman

When I'm in trouble and down and out,
Who can I turn to?
When I'm weak and my sex ablity is
Not at it's peak,
Who can I turn to?
When I'm mean as hell and don't feel well
Though I don't want to be I wonder
Who can I turn to?
When age has taken it's place and even in the
Day its hard for me to see,
And my hair is grey and I'm not as hand some
As I used to be,
Who can I turn to?
When friends are not friendly
Because money and my body have been used.
In society's eyes,
They have found another guy.
Please, please answer me in time.

Tee & Turf Golf Club

HOME AND HOME AT PORTLAND, ORE.

The annual Home and Home Golf Tournament with the Leisure Hour Golf Club and the Tee and Turf Golf Club was held in Portland, Ore. May 25, 1975. This tournament is held each year with the clubs meeting in Tacoma or Portland. About thirty members and some of the wives were in Portland for the weekend. Sunday, May 25, 1975 at 9:00 a.m. the first group teed off to start the second meeting of the clubs. The course was the Colwood Golf Course with some tight fairways and with mixed larger and small greens. The match ended with a cookout of Bar-B-Q at the Mr. Rankins home with the players and wives enjoying a complete day. The weather was the best one could ask for with very little wind. The Leisure Hour round was turned in by Tim Cuff with a 73, Tee and Turf low round scorer was Saul Arrington with a 75. The end result was Tee and Turf 24 points - Leisure Hour 18 points. The trophy will be held here in Tacoma until the next meeting of the two clubs in Tacoma in 1976.

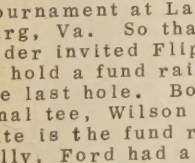
The trip was most enjoyed by the wives from Tacoma because of the shopping they did in Lloyd Center. The ladies of the club played also with Ms. Cunningham and Ms. Haralson of Tacoma having the best scores.

We are looking forward to our next meeting in 1976. Plans are being made to have a meet with the club other than the regular Home and Home.

The President of the Tee and Turf Golf Club would like to thank each member and the ladies for taking the time to go to Portland for the lovely weekend.

We hope to have pictures in the next week issue of the FACTS with the trophy and the members of the club.

See you on the first tee.



Sports Record Book

by Brian Jaybush

Is Winning Contagious??

Seattle's first major-league team, the Sonics, finally broke out of an eight-year slump this season, and blasted through the NBA to finally make the playoffs. Oh, sure, their final record was no more earth shattering than 42-40; but the fact was, they WON--not just a few games, but the right to be considered among the NBA's elite who participate in post-season activity.

And the fact that they stuck it to the Golden State Warriors, extending that series to six tough games--against the team that went on to win all the NBA marbles--speaks pretty well for the Sonics, too.

But something else that has happened is that, suddenly, Seattle has taken on a winning attitude.

Witness Seattle's other currently-functioning major-league team, the Sounders. Seattle's representatives in the North American Soccer League have been showing themselves off pretty well so far this year; their record is currently 5-2, and the Lads find themselves perched in first place in the NASL's Western Division, with the third-highest team point total in the league.

Following their win over Rochester this past weekend, Sounder coach John Best jubilantly said, "We have a real good team." That's Best's typically reserved way of saying: the Sounders are the class of the NASL. And attendence at Sounder games--17,086 watched the one last Sunday in Memorial Stadium--shows how much class Seattle fans have.

It's yet to be seen what kind of winner we are going to have in Seattle Professional Football, the "Seattle No-Names" who are running a nick-name contest right now. But chances are they'll be a big addition to Seattle's winning sports scene. After all, the "No-Names" are owned by the same people who own the Sounders.

And now it's beginning to look more and more like the last "loser" Seattle has been associated with is starting to get a Northwest Cold Shoulder.

Seattle began flirting with the National Hockey League quite a few years ago; in fact, back at the turn of the century, Seattle was a member of what then passed for the NHL, and won the league championship at one point.

But the NHL has done Seattle dirty of late. They granted Seattle a "conditional franchise," whatever that is, a few months ago. Then they saw the shape their league was in: the Oakland team going broke, the expansion Washington, D.C. team setting a league record for losing...and the NHL decided they really weren't all that hot on expanding again, after all. Seattle and Denver, both supposed to get teams in 1976, presented their offers; the league said, in effect, "That's nice," and turned to other matters.

Denver immediately got the message, said "Goodbye," and landed a franchise in the World Hockey Association. Seattle, it now seems, may soon go the same route.

Oh, nothing is concrete yet. Sources say Sam Schulman may be shopping. And a Vancouver, BC newspaper says flatly that a Vancouver businessman will buy the floundering WHA Baltimore team and move it to Seattle in time for next season.

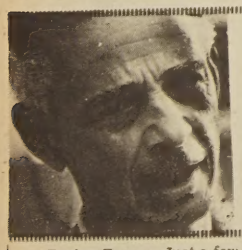
Sure, it's risky taking part in a new league, a league that's only been around for three years. But there are commensurate advantages, too. The team will not be "conditional," it will be real and it will be playing here next year. With Seattle class and organization, the team couldn't help but become a big winner in the WHA. And then--

Well, remember what they said about the American Football League back in the early '60's? It would never make it, right?

Well, now remember this: Teams from the AFL have won the Super Bowl--championship of all pro football--the last four years in a row; and AFL teams have won six of ten Super Bowls. Joining a new league can eventually turn out to be the smartest possible move.

President Ford in Lee Elder Celebrity Pro-Am Tourney

The President parred two of the first three holes, boomed a 280-yard drive on the fourth, and then settled down to play like an infrequent golfer. Stanley S. Scott, Special Assistant to the President, and professional star Lee Elder, (left), joined comedian Flip Wilson, (right), on the first tee with the President. Ford finished with a respectable 93 as Elder's partner in the Lee Elder Celebrity Pro-Am Tournament at Lake of the Woods near Fredericksburg, Va. So that the game wouldn't get too serious, Elder invited Flip along for laughs. Wilson agreed to hold a fund raiser for President Ford if he lost the last hole. Booming his ball into the rough on the final tee, Wilson fell to the ground and asked, "What date is the fund raiser, Mr. President?" Incidentally, Ford had a par on the final hole.



Ringside Northwest

by Joe West

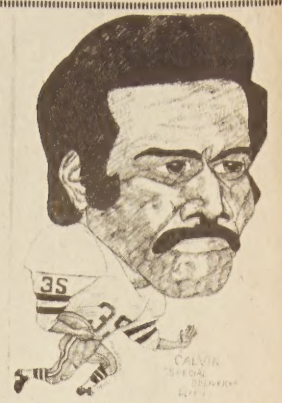
REAL ESTATE
INSURANCE
"C.J." Johnson
BAIL BONDS
1101 So. "G" Office
BR2-1208 (24 hrs)

Hi Boxing Fans -- Just a few more days until the Boxing Show at the Seattle Center Arena. The card has been set and it looks like a good one. The double main-event features John Colley vs. Mike Lancaster and Tommy Howard vs. Roger Buckskin. The three six round bouts will preceed these two and the show starts at 8 pm. I advise you to be there on time as I think that "Sarge" Little the promoter is going to run it in a military manner and I wholeheartedly agree with it. As I sometimes tell the promoters, "Let's get the show on the road so my fighters can get to the pay window before it closes!" That's really not what is said but they do get the message that the fighters are there to fight and get paid so why wait about it.

I might as well give you the rest of the card as planned, and it does give you a chance to look at some young talent. One of the bouts will find a new fighter in my stable - Gary Ferrari in one of the six-round bouts. Gary will box Leo Virgi of Portland, Ore. The other two will show Eugene White of Tacoma vs. Dave Kibbie of Calif. and the other one will be Dennis Conklin (that's Eddie Cotton's fighter) vs. Vincinte Neggriti of Stockton Calif. All in all it looks like a top notch card and you boxing fans should go see it. I promise you that there will be plenty of action at the Arena, Monday night June 2nd.

I would be remiss if there was nothing said about the recent basketball series. It proved that the Western Conference is one of the strongest in the N.B.A. also it made Ray McMakin of KING-TV look good. I really don't think he remembers that during the playoffs between Seattle and Golden State he mentioned that the winner of that series would win it all, but the way that it was won is what made it so spectacular. I know Ray well and I hope that this will not make him think he can pick everything on the nose, but he can pick my fighter everytime and not be wrong too often. How about it Ray? More next week. --CI BON

Sportin' Life by Dennis J. Harrington



Glistening droplets of perspiration de cend to a lodging place in the eye with a irritating sting and further infiltrate the lush perimeter of his mustache. He le forward at the waist, the tip of his parc ed tongue gingerly exploring lips damp with a cloying residue of fresh blood. All the while oxygen, alternately ingest and expelled under pressure, treks a r trail down his trachea to the heaving re pository of the lungs below. Suddenly, beyond containing bars, squinting retin detect a flurry of activity amid the welt of sound that bombards his beleaguere senses. A hard, oblong object is thrus between his palms into a heap of writhi flailing appendages. Just another day the job for Calvin Hill, professional ru ing back.

It's not the kind of work that appeals a large sector of the male populace. A quite truthfully, requirements for the p sition are rather discriminating. To b sure, the pay scale is inviting and bon es do await qualified candidates evidencing a particularly aggressive disposition. Also, interesting travel opportunities, liberal retirement provisions, six months paid vacatio and ample advancement prospects head the list of attractive fringe benefits attendant to this line of employment. However, there are negative aspects to consider. Long hour often severe physical discomfort, no free Sundays, and frequent layoffs constitute some of these. So who should apply? Only dedicated, fleet of foot individuals weighing arou 200 pounds with four years solid experience. And don't call us, we'll call you.

To the surprise of some, the call came early in Calvin's case. During the initial dr the Dallas Cowboys claimed him for their own and, needless to say, such action raised the eyebrows of not a few knowledgeable observers. While at Yale University he scored total of 144 points to surpass famed Bulldog breakaway ace Albie Booth's old mark of 138 and, in the process, led the New Haven, Conn. eleven to successive seasons of 8-1 and 8-0-1 as a junior and senior leather lugger. But because of the Ivy League's low p ered pigskin profile the pros paid him little heed. All but the Texans, that is, and to t consummate enjoyment he had been making believers out of his detractors ever since.

In 1969, his freshman season with Dallas, he packed the hog hide for 942 yards despi a painful hip pointer and was rewarded for his efforts with Rookie-Of-the Year recogni The following campaign he spent considerable time on the disabled list, back and shoul maladies being responsible for a generally sub-par performance. And again in 1971, a torn knee cartilage sidelined him for six contests and left the Cowboys bereft of his tal in their Super Bowl appearance that January. By this juncture the word was circulatin that 6'4" 227 pound Baltimore product had seen better days.

Undaunted, he arduously exercised the damaged joint throughout the ensuing months reported to training camp the summer of 1972 ready to resume full duty. After convin head coach Tom Landry of his fitness he promptly set about doing likewise for the rest the skeptics in the league. By schedule's end he had rushed for 1,036 yards, third hig put in the National Football Conference, and added another 346 markers to his sum wit pass receptions, 10th best figure in this category. In all, he amply gagged the wagging jaws of premature doomsayers.

With the onset of the 1975 NFL slate a mere 12 weeks in the offing the Dallas entry again be relying heavily on the big speedster to bring them a playoff berth and a possib second world championship. And chances are that once the tumult and the shouting fin subside the record will show he did all that was expected of him. For when Calvin Hil ports the pebble grain pig dermis the service is strictly Special Delivery.

ESQUIRE RESTAURANT
LUNCH 11 AM - 2 PM
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INTERNATIONAL SPORTSMEN CLUB OF SEATTLE

OFFICIAL ENTRY BLANK
INTERNATIONAL SPORTSMEN'S CLUB
SECOND ANNUAL
AMATEUR TOURNEY
June 14-15, 1975
Jefferson Park (June 14) West Seattle (June 15)
Seattle, Washington
****

Entry Fee - $40.00 - Includes Smorgasbord and awards dinner (all at Heritage House)
Green Fees both days.

5 Flights - Including "International Sportsmen Championship Flight (certified handicap of 5 or less); Championship Div. (-6-9). These two flights will play at "scratch". The other three flights will be "net" play.

TOTAL PRIZE MONEY OF $5,000!!!!!!!

Name_____

Address_____

Club_____Handicap_____

Mail entries to: International Sportsmen's Club
P.O. Box 22031
Seattle, WA 98102

Entry Fee Deadline - Field limited to first 200

Checks Payable to: International Sportsmen's Club

For further information, call Bob Duckworth, SH 7-1596; Fitzgerald Beaver, EA 4-0552; Bill Bell, SH 7-5612; or Wilbert Ponder, 323-4079.

BOXING
Monday, June 2, 1975
8:00 p.m.
Seattle Center Arena
2-10 ROUND MAIN EVENTS

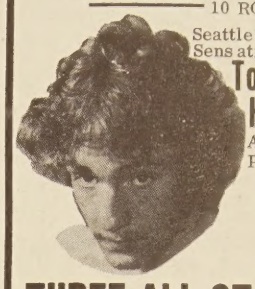
10 ROUND MIDDLE WEIGHT

Renton's Iron Man
Mike Lankester
Mean and Lean

vs

An East Coast Battler
'Irish' John Coiley
Now Boxing as Seattleite

10 ROUND MIDDLE WEIGHT



Seattle's Sensational
Tommy Howard
Action Packer

vs

Rugged-Brawling
Roger Buckskin
Smith River, Calif.

THREE ALL STAR PRELIMINARY BOUTS
FEATURING SEATTLE'S TOP PROSPECTS
Ticket Office open 6:00pm at the Arena

TICKETS ON SALE AT:
Imperial Hotel Gym-1408 4th Ave. -623-4725
Turf Smok Shop-Bull N' Bear-Dog House-Ship's-Boone Kirkman's Melrose Tavern, Renton
Eddie Cotton Drive Inn-Rainier Beach Tavern-Eagles Gym-Francisco's

PRICES:
$6.00 Ringside
$4.00 General

'SARGE' FRANK LITTLE, PROMOTER & MATCHMAKER

DEPARTMENT OF HOUSING AND URBAN DEVELOPEMENT (HUD)

SPECIAL OFFICIAL NOTICE TO REAL ESTATE BROKERS

HUD OWNED PROPERTIES AVAILABLE ON A "FIRST COME FIRST SERVED" BASIS

Attention is drawn to those following properties which have been previously listed for sale and are now available for immediate sale on a "first-come, first-served" basis. All purchase offers should be made through a licensed real estate broker of the purchaser's own choice. Purchasers should consult their real estate brokers for more complete details concerning the listed properties and for the proper procedures for submission of purchase offers. These procedures are also outlined in the monthly HUD Public Information Release, which is available to all approved brokers and the general public. Errors in these listings do not become official through publication. All data, including price, must agree with the files in the HUD Seattle office. Brokers may present purchase offers any time between 8:00 A.M. and 4:30 P.M., Monday through Friday to the Department of Housing and Urban Development, 500 Union Street, Seattle, Washington 98101.

REPAIRED AND PARTIALLY REPAIRED PROPERTIES

(NOTE: FHA-insured financing is available on the following listed properties, and any purchase offers must be submitted in accordance with outstanding instructions issued by the Department of Housing and Urban Development.)

LIST #	CASE #	LISTED ADDRESS	MIN. PRICE	MAX. INS.	RMS	BDRMS	BATH	BSMT	APPROX. LOT SIZE	APPROX. R.E. TAXES
		TACOMA								
269447	***	3010 N. Mason	19,500	18,900	6	3	1	100	40x110	398.22
NOTE: DRY BASEMENT NOT WARRANTED										
188392	***	2012 E. Gregory	16,750	16,200	4	2	1	0	75x115	148.00
180446	***	2019 E. 36th St.	**14,950	14,500	5	3	1	0	50x130	276.00
161517	***	1502 Ridgewood S	**17,750	17,200	5	3	1	0	52x110	336.40
251503	***	2018 E. 37th	14,000	13,550	5	3	1	0	50x130	404.42
265216	***	2016 E. 59th	20,950	20,300	6	4	1½	0	Irreg.	-

"ALL CASH - AS IS" HOMES AND VACANT LOTS

(NOTE: The following properties are only available on a strictly all cash, as is, buyer beware basis, and purchase offers must be submitted in accordance with outstanding instructions issued by the Department of Housing and Urban Development.)

AS IS HOMES

LIST #	CASE #	ADDRESS	MIN. PRICE	APPROX. LOT SIZE	APPROX. R.E. TAXES
251470		3716 No. Villard	14,500	50x135	-
185663		6317 N. Hale	15,500	40x100	300.00
156712		1503 S. Cushman	**3,750	25x130	231.00
182936		5314 Portland Ave.	4,500	60x120	200.00
202389		4015 N. 27th	9,250	Irreg.	-
195657		1120 So. 25th	4,750	70x52.5	-
213655		2350 S. Wilkerson	16,000	Irreg.	350.00

VACANT LOTS

LIST #	ADDRESS	MIN. PRICE	APPROX. LOT SIZE
151864	809 So. Warner	200	56x50
169848	811-811½ S. Fife	500	50x67
189132	6232 So. Junett	2,500	50x110
150824	1209 So. 16th	**500	32x125
837123	1741 So. Oakes	**500	37.5x140
161518	1435 So. 52nd	**1,600	45x120
211289	2324 So. "K"	500	25x130
152920	2106 So Hosmer	350	42x115

ON ALL VACANT LOTS: PURCHASER ACKNOWLEDGES THAT TAXES MAY INCLUDE LAND AND PREVIOUS IMPROVEMENTS.

NOTATIONS:
***Limited warranty
**Deleted and relisted this ad at revised price.

All offers must be submitted through the Real Estate Broker of your choice who will also have complete details and listings of additional properties available.

HUD PROPERTIES ARE OFFERED FOR SALE TO ANY QUALIFIED PURCHASER. Any person interested in buying a HUD-owned property should contact the real estate broker of his choice. Any real estate broker doing business with HUD-acquired property will sell any HUDacquired property to prospective purchaser without regard to race, color, religion or national origin. Noncompliance is a basis for precluding the firm doing business with HUD. Interested brokers may obtain complete listings from

EQUAL HOUSING OPPORTUNITY

SEATTLE AREA OFFICE
Property Disposition Branch
DEPT. OF HOUSING & URBAN DEVELOPMENT
5th Floor Logan Bldg.
500 Union St. (5th & Union)
Seattle, Wash. 98101

Jazz Giants Get Together

Star-host Sammy Davis, Jr., (left) does some happy reminiscing with Jazz greats (Lto R) Dizzy Gillespie, Sarah Vaughan and Billy Eckstine on this week's all-star Jazz version of "Sammy and Company".

Also joining Sammy are Bob Hope and Count Basie for the 90-minute musical variety show airing on KOMO-TV, Ch 4, Sat., May 31 at 11:45 pm/(following "ABC Weekend News"). The all-star show features eleven musical numbers done by the guest stars and Sammy.

Seattle, Wa., May 15, 1975 - Jazz Artists Count Basie, Billy Eckstine, Dizzy Gillespie and Sarah Vaughan keynote the musical entertainment on KOMO-TV's "SAMMY AND COMPANY", Saturday, May 31, 11:45 pm-1:15 am, on Channel 4.

Comedian Bob Hope also appears on the late-night variety program, talking with Host Sammy Davis, Jr., about his new book, "The Last Christmas Show."

Sammy opens the show with "The Lady Is a Tramp" and "I Get a Kick Out of You" and also displays his blues piano skills. Miss Vaughan sings "The Man I Love" and "My Funny Valentine" and joins Billy Eckstine in "What Are You Doing the Rest of Your Life?". Eckstine solos on "You and Me Against the World" and "To Be or Not To Be in Love". "Hittin' 12" is Count Basie's lively contribution and Dizzy Gillespie and his group perform "Tanga" and close the show with Sammy, Sarah and Billy and "A Cottage for Sale."

"SAMMY AND COMPANY" is taped before an audience at ABC's Vine Street Theatre in Hollywood and is seen each Saturday on Channel 4 following the ABC Weekend News.

NOTICE

The Contessa Club presents their Annual Cocktail Sip and a Vintage Fashion Show, Sunday June 1, 1975 from 3 to 7 p.m. at the Caballero's Club, 1516 So. 28th. Music will be by King Arthur, KTOY D.J.

'Spanky Wilson... Non-Stop Flight'

Spanky Wilson, after a long absence from the recording scene, has a brand new album release on 20TH Century/Westbound Records.....and it's a gas.

Who's Spanky Wilson?? You gotta' be kiddin' to ask who Spanky Wilson is....or you really haven't been into music very long, if the name Spanky Wilson doesn't jar your musical memory bank.

Spanky Wilson was the hottest thing going in the female vocal field several years ago....'Man' this chick is musical dynamite, she's bad-d-d-d.

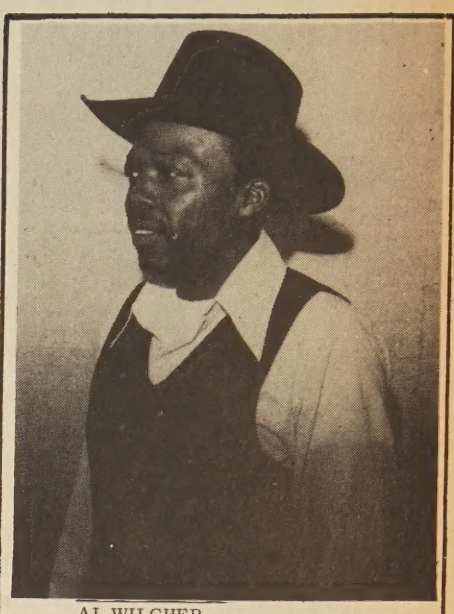
Who does she sould like? Come one, Spanky Wilson soulds like Spanky Wilson. Anyway you hear her or on any song she sings, you get Spanky Wilson swingin', cookin', sweet or hot ....hey, it's as simple as that, Spanky Wilson only sings and sounds like Spanky Wilson.

She is no relation to Nancy Wilson, if that's what you're thinking, and you definitely can't compare the two in singing styles...the same last name is the only thing they both have in common.

Spanky was born in Pittsburgh, Pittsburgh, Pennsylvania; and got turned on to music early in her young life, which was a natural because Pittsburgh seemingly was the spawning ground for so many great talents in the musical world of show business like Billy Eckstine, Ahmad Jamal, Harold Betters and Erroll Garner.

Paul Robeson -- memorable concert singer, Shakespearean actor, linguist, attorney, athlete, political activist -- is profiled for the first time on national television June 3 at 11:30 p.m. on Channel 9. Robeson's half-century career is the subject of a special one-hour INTERFACE documentary. (#213, "A Profile of Paul Robeson," 6/3/75, 10 p.m. ET)

"Big Jim" Robinson (top) and Percy Humphrey are two members of the Preservation Hall Jazz Band. The bands' concert of old-time New Orleans jazz will be presented on IN PERFORMANCE AT WOLF TRAP June 5 at 9:30 on Channel 9. IN PERFORMANCE AT WOLF TRAP is made possible by a grant from Atlantic Richfield Company and is transmitted nationally by PBS. The series is produced by WETA, Washington, D.C.



AL WILCHER
OWNER (SINGLE TREE RANCH)

WEEKEND IN THE COUNTRY

Sponsored By

Single Tree Ranch

&

Tacoma–Seattle Minority,
Musician & Entertainers Association

Featuring

The Dynamite Sound, of Magnum, Sizzling Hot Ice, & The Soul Stealing, Sound of Ready Made Family. Also, on this show will be, Lavell (Stickman) Whitten, who will be the Master of Ceremony. He is back, from Chicago, with his famous stick and out of sight dancing. He is also, the production, promotion and public relation manager for the T.S.M.M.E.A. There will be Country Style, Bar B.Q. Chicken Fried Chicken, Wringled, mouth watering, Chitterlings, & Hot Links. At an, additional cost. So, don't miss it!

Place:	Single Tree Ranch (Celebration Arena), go down Pacific, take a left on 176 Pacific East, then a right on 38th avenue, cross railroad track.
Time:	2 p.m. Until
Date:	Sunday June 1, 1975
Donation:	To help the bands expenses & advertisement. Persons holding...Midnight Special Social Club will be honored with a discount.

Ramsey Lewis Named Top Jazz Pianist-

Columbia recording artist Ramsey Lewis has been named Top Jazz Pianist in the coveted Ebony Magazine 1975 Black Music Poll. Lewis is currently enjoying tremendous resurgence in the pop and rhythm & blues record charts with his Lp "Sun Goddess", which contains the new single release of the same name. The single was produced and highlights the musicianship of Earth, Wind & Fire. The group also produced a few other numbers on the Lp.

For many years Ramsey has been a top jazz and pop artist with such releases as "The In Crowd", "Hang On Sloopy," and "Slipping Into Darkness". Now, he and his trio comprised of Cleveland Eaton, bass and Maurice Jennings, drums, are monopolizing progressive audiences throughout the country as did Herbie Hancock earlier last year.

Lewis was also named second in the Jazz Combo category, just under Hancock's congregation in the same Ebony poll.

New Alta Beer Has Fewer Calories

SEATTLE--There was good news for diet conscious, calorie counting beer lovers Tuesday in the announcement by Blitz-Weinhard Company that it had begun western Washington distribution of Alta, its new light brew with 35 per cent fewer calories than regular beers.

Fred Wessinger, president of the West's oldest brewery, said the new Alta would be available in 11-ounce no return bottles throughout western Washington this week. A 12-ounce can will be available also in Washington soon, Wessinger said.

Blitz-Weinhard began marketing Alta in Oregon last month and reports an "extremely gratifying reception" for the new low calorie beer.

The Alta label and packaging includes an analysis of diet data listing 88 calories, 2.7 grams of carbohydrates, and 1.3 grams of protein.

The special brewing and fermentation process which converts practically all available carbohydrates in an 11-ounce bottle from an average of over 11 grams for most beers to about 2.1 grams for Alta.

Also Alta exceeds other beers in protein content with 1.3 grams in a 11-ounce bottle, more than any leading regular beer and more than any other low calorie beer. This is the result of being brewed exclusively with barley malt, according to Daniel.

"This process is more costly than some processes using cereal grain or sugar as some other law calorie beers do, but the flavor is richer and smoother," Daniel said. "Head retention, another mark of standard for beer connoisseurs, is also superior," he added.

Another interesting fact in the brewing of Alta, Blitz Pres. Wessinger noted, is that it is produced entirely from ingredients produced in the Northwest.

Some caloric food comparisons were cited by Blitz-Weinhard, noting that an 11-ounce bottle of Alta has fewer calories than a large apple, orange, banana, half a cup of ice cream, half a cup of tun, half a cup of fresh corn, tablespoon of butter, tablespoon of peanut butter or margarine, three or four dates, five cashew nuts, a dinner roll, or a glass of skim milk.

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PATRONIZE OUR ADVERTISERS

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